



**350 Preston Road
Hull
HU9 5HH**



SERVICES AND ACTIVITIES

Supporting older people in later life



350 Preston Road, Hull HU9 5HH

www.ageuk.org.uk/hull | **01482 324644** | hello@ageukhull.org.uk

Age UK Hull is a registered charity. Registered charity number 1101418



**Donating is as
easy as
scanning
here!**

 www.ageuk.org.uk/hull

 [@ageukhull_eastyorkshire](https://www.instagram.com/ageukhull_eastyorkshire)

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 hello@ageukhull.org.uk

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Age UK Hull is a registered charity. Registered charity number 1101418 and a company limited by guarantee. Registered in England company number 04792749. Registered office: Age UK Hull, 350 Preston Road, Hull HU9 5HH



Introduction

Age UK Hull and East Yorkshire is an independent local charity. We have been working in the local community for over 70 years. We have many dedicated staff and volunteers helping us to deliver services and activities for older people in Hull and East Yorkshire.

We offer a range of support services and activities for older people including:

- information and advice
- befriending
- falls prevention
- benefits
- home support
- Social groups
- We also have many volunteering opportunities available



Useful Numbers

Age UK National	0800 678 1602
Age Co Products	
Home and Contents Insurance	0800 731 3901
Car Insurance	0800 389 7805
Motor Breakdown Insurance	0800 323 4438
Funeral Plans	0800 022 3243
Legal Services (Wills, POA etc)	0800 055 6314
Samaritans	116 123
Hull City Council	01482 300300
Hull City Council Safeguarding	01482 616092
East Riding of Yorkshire Council	01482 393939
East Riding of Yorkshire Council Safeguarding	01482 396940
Citizens Advice - Hull and East Riding	0800 144 8848
Community Navigator (Hull)	01482 259956
Sight Support Hull and East Yorkshire	01482 342297
Cherry Tree Centre (East Yorkshire)	01482 871993
Alzheimer's Society	01482 211255
Pickering and Ferens Homes	01482 223783
Butterflies Memory Loss Support Group	07821 519212
Hull Council of Disabled People	01482 326140
Dove House Hospice	01482 784343
Patient Advice and Liaison Service (PALS)	01482 875875

Fundraising

Fundraising is a vital part of Age UK Hull and East Yorkshire. As the population of Hull and East Yorkshire gets older, we are seeing an increased demand on our services and more vulnerable people using our services. We know we make a real difference to the people of Hull and East Yorkshire but we can't do it without funds.

If you would like to get involved, then there are a whole range of opportunities out there for you to raise money. If your organisation would like to have Age UK Hull and East Yorkshire as your local charity, then do not hesitate to contact us.

Whether you want to walk, run, bake, or even jump out of a plane, we have loads of fundraising ideas and events for people who want to help us make a difference.

Some ideas to fundraise for us are:

- BBQ
- Coffee morning
- Fashion show
- Fun run
- Quiz night
- Raffle
- Tombola



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Information and Advice

We provide free information and advice to help you on topics from claiming benefits through to community support.

INFORMATION AND ADVICE SERVICE

We offer a free and confidential Information and Advice service to residents of Hull and East Yorkshire on numerous topics.

If you have query or need advice on issues relating to care, residential homes, social groups, activities, home adaptations and much more, then give us a call! Monday to Friday 9.00am to 4.00 pm.

BENEFITS ADVICE

For benefits assistance, you can speak to our adviser by contacting us at the below number. Open to Hull and East Yorkshire residents.



We adhere to Age UK's Quality Standard for information and signposting.

Information and Advice helpline

01482 324644



Over 50s Free Basic I.T. Course in East Yorkshire

Bridlington

Hedon

**8 week course
2 hours a week**

Learn basic skills such as sending emails, internet safety and using a keyboard

**Any Enquires?
Register today!**

01482 324644



IT & Biscuits

Monthly sessions in partnership with KCOM

You are invited to join us at our IT & Biscuits sessions. The aim of these sessions is to help you feel more confident online. You will have the opportunity to learn how to use the internet to stay in touch with friends and family, pay household bills and provide easy access to interests and information.

 When: Every second Monday

 Time: 10-12pm

 Where: KCOM's Learning Zone on Carr Lane, Hull

To find out more please contact
hello@ageukhull.org.uk



Volunteer for Age UK Hull and East Yorkshire

Age UK Hull and East Yorkshire relies on volunteers to help us offer vital services in the local community. Would you like to lend a hand?

Why Volunteer?

Volunteering is a great way to meet new people, learn new skills, and support the work we do in the community. Our volunteers are a key resource to Age UK Hull and East Yorkshire; without them we could not provide the services we do.

Who can volunteer?

Almost anyone can be a volunteer.

We have a wide range of roles which suit different people and different skills. We need people to help with all aspects of the organisation, and that means there is something for everyone.

If you want to become a volunteer we are willing to accept you regardless of age, gender, race, ability or health - everyone is welcome!

How much time do I need to give?

It depends on the volunteer role you are interested in. Some people give an hour a week, other people do more. We are flexible to suit you.

Interested?

If you would like to volunteer please contact the Volunteering team on:

tel: 01482 324644

email: volunteer@ageukhull.org.uk

www.ageuk.org.uk/hull/get-involved/volunteer



Volunteer Befrienders Needed

Talk, laugh and make a difference in your community

Home Visiting Befriender

We are looking for friendly, caring people to visit older individuals in their homes who may be experiencing feelings of social isolation. These visits make a real difference for someone who may not have much company from day to day. The visits also allow the older person to enjoy general conversation on subjects that interest them and help prevent the feelings of loneliness and isolation.

Telephone Befriender

We are looking for friendly, caring individuals to telephone befriend lonely older people. These calls make a real difference for someone who may not have much company from day to day. The telephone calls also allow the older person to enjoy general conversation on subjects that interest them and help prevent the feelings of loneliness and isolation.

Penpal Befriender

We are looking for friendly, caring individuals to befriend lonely older people through letter writing. These letters make a real difference for someone who may not have much company from day to day. Loneliness among older people is becoming a greater issue. The befriending service provides monthly friendly letters to help reduce feelings of isolation and rebuild confidence. The letters also allow the older person to communication on subjects that interest them and help prevent the feelings of loneliness.

01482 324644

Age UK Hull and East Yorkshire,
350 Preston Road, Hull HU1 3HA

volunteer@ageukhull.org.uk

www.ageuk.org.uk/hull/get-involved/volunteer

Social Groups

Thursday

'The Brunch Bunch'

9.30am - 11.30am £3.00

Anlaby Park Community Library, The Greenway, Hull HU4 6XH

'Feel Good Thursdays'

1.00pm - 3.30 pm £5.00

Barrington Pop In, Florence Nightingale Court, Barrington Avenue, Hull HU5 4BW

'Walkington Social Group'

10.00am - 12.00pm £1.00

Walkington Village Hall, End End, Walkington HU17 8RX

Friday

'Friday Folk'

11.00am - 1.00pm £3.00

Age UK Hull and East Yorkshire, 350 Preston Road, Hull HU9 5HH



"The staff are great, Village people is a lifeline for me"
Mrs G ('Village People' Attendee)

Social Groups

If you're looking for companionship and a place to meet friends old and new, our groups offer Social Activities, Information & Advice and much more.

Monday

'Bee Social'

12.30pm - 2.30pm £3.00

Springhead Golf Club, Willerby Road, Hull HU5 5JE

Tuesday

'Streetlife'

11.00am - 1.00pm £3.00

Wilberforce Learning Centre, Streetlife Museum, High Street, Hull HU1 1PS

'Brough Group'

10.30am - 12.30pm £3.00

Blackburn Leisure Club, Prescott Avenue, Brough HU15 1BB

Wednesday

'VillAGE People'

9.30am - 11.30am £3.00

The Club House Community Centre, Elm Avenue, Garden Village Hall, Hull HU8 8PZ

Volunteering Roles

Fundraising Volunteer

We are looking for friendly, caring individuals to volunteer as Fundraising Volunteers. The aim of these volunteers is to fundraise money or receive donations that can then support the provision of services to older people in Hull and East Yorkshire.

Positive Activities Volunteer

We are looking for friendly, caring individuals to volunteer within our Positive Activities Social Groups which are spread across Hull and East Yorkshire. The aim of these groups is to provide regular social inclusion to groups of people aged 50 years and over. The groups promote participation, reduce loneliness, encourage conversation and having fun! Our groups are user led, meaning that the participants help make the decisions for what happens within their group. Each group holds different activities within it such as bingo, raffles, quizzes or exercises.

Administrative Volunteer

You will be a general office assistant within the Age UK Hull and East Yorkshire main head office. You will have set tasks when you visit, however some tasks may change depending upon any events we have upcoming.

Events Volunteer

We are looking for friendly, caring individuals to volunteer as Events volunteers to assist us at any events we may be holding or attending across Hull and East Yorkshire.



IT Training Volunteer

We are looking for friendly, caring individuals to volunteer within our IT Training groups which are at libraries spread across East Yorkshire. The classes will be in an informal teaching setting. The aim of these groups is to help people over the age of 50 to learn the basics of using a computer. This ranges from using a mouse and keyboard up to sending emails, shopping online and searching for internet for subjects that interest them. We also communicate the importance of being safe online and making sure not to click on anything they do not recognise. The clients will let the trainers know what they wish to learn.

Information and Advice Volunteer

Age UK Hull and East Yorkshire offers a free and confidential information and advice service for older people, their families and carers across Hull and East Yorkshire. Clients are helped directly whenever possible, but if we're unable to help, we direct them to an organisation that can. We are looking for friendly, caring individuals to volunteer within our Information & Advice service held at our Age UK Hull Office.

Community Companions

Community Companions help lonely and socially isolated older people reconnect with their communities by helping them feel more confident getting out and about and using transport – whether its walking, bus, taxi or community transport. Being a Community Companion gives you the opportunity to connect with people in your neighbourhood and help someone regain their independence.

For more information for volunteering for Age UK Hull and East Yorkshire, please contact us:

01482 324644

 volunteer@ageukhull.org.uk

www.ageuk.org.uk/hull/get-involved/volunteer

<https://www.facebook.com/AgeUKHull/>

CALL BEFORE YOU FALL: FALLS PREVENTION

- Do you experience dizziness or reduced mobility?
- Have you experienced a fall?
- Are you afraid of falling?

ONLY
AVAILABLE
IN HULL!



To request a home visit for a basic falls assessment, please get in touch with the **Falls Prevention Team** at Age UK Hull and East Yorkshire.

Tel: 01482 324644

Email: hello@ageukhull.org.uk

Home Support Service Hull & East Yorkshire

- Cleaning
- One Off Spring Clean
- Laundry/Ironing
- Meal Preparation
- House Sitting Calls
- Medication Prompting & Support
- Shopping (with you or for you)
- Escorting to Appointments - or going for a coffee & a chat
- Walking your Dog
- Holiday Packages - Support for you whilst family are on holidays



Anything else we can help you with, just ask us & we will see what we can do.

Please Note - We do not provide personal care or medication care

From as little as one hour per fortnight on a short or long-term basis, meeting individual needs.

All our Home Support Workers are trained & DBS checked.

For more information about the service contact the Home Support Manager on:

01482 324644 or homesupport@ageukhull.org.uk

BEFRIENDING SERVICE



Our Befriending service aims to reduce loneliness for people aged 50 or over living in Hull or East Yorkshire.

Our trained befrienders can provide a regular, friendly phone call to help reduce feelings of isolation and rebuild confidence.

To refer someone to the service please complete the referral form on our website and send it to the referral email below.



Member 2024

For more information about the service contact the Befriending team.

Tel: **01482 324644**
 Email: **hello@ageukhull.org.uk**
 Referral: **referral@ageukhull.org.uk**

Community Companions



225,000 older people often go a whole week without speaking to anyone

The AgeUK Hull Community Companions service matches lonely and isolated older people with a trained Community Companion volunteer.

The aim of the service is to reduce loneliness and isolation amongst older people by helping them to reconnect with their local communities, their friends, and family. We will support them to leave their homes using either public transport, community transport, taxis, with walking or even cycling. We will help older people address the barriers they face in leaving their homes, such as anxiety or a lack of confidence.

Their companion will accompany them on journeys and provide empowering, gradual support to enable them to be able to take the journey alone. The support is expected to last for 6-8 weeks. We hope this service will help to increase confidence levels, encourage independence and reduce the anxiety that many older people now experience after prolonged periods of isolation.

01482 324644

hello@ageukhull.org.uk



7 Increasing volunteering and tackling loneliness through the Know Your Neighbourhood Fund



WALKING FOOTBALL

£4.00 PER SESSION



TUESDAYS 10 -11 AM

HALTEMPRICE LEISURE CENTRE

3G PITCH, SPRINGFIELD WAY, ANLABY, HU10 6QJ

THURSDAYS 10 - 11 AM

COSTELLO STADIUM

INDOOR LARGE SPORTS HALL, COSTELLO STADIUM,

ANLABY PARK ROAD NORTH, HU4 6QX

SESSIONS ARE OPEN TO ANYONE OVER THE AGE OF 50, REGARDLESS OF ABILITY OR PREVIOUS EXPERIENCE

Call 01482 324644 To register your interest





“It feels as though I am appreciated for making a positive difference , whilst also not feeling relied on too much.”
Age UK Hull Volunteer



“Age UK Hull is a smashing organisation and there is plenty of options to choose from, so anyone who would be interested in Volunteering is always welcome”
Age UK Hull Volunteer



How your organisation can get involved?



What are the benefits of partnering with Age UK Hull and East Yorkshire?

By partnering with Age UK Hull & East Yorkshire, your business will be supporting local, vulnerable older people. It's a great way to motivate your teams, gather insight into the over 50's market and get some valuable publicity. This can be a great way of delivering your corporate social responsibility.

- Choose Age UK Hull as your Charity of the Year
- Sponsor one of our events
- Display a collection tin
- Donate a raffle prize or service of the Year
- Run a fundraising event
- Share your expertise

Send employees to volunteer

Could you send a team to help out at an event or activity? It's a great way for staff to bond by working together to help vulnerable older people.

Contact us

01482 324644

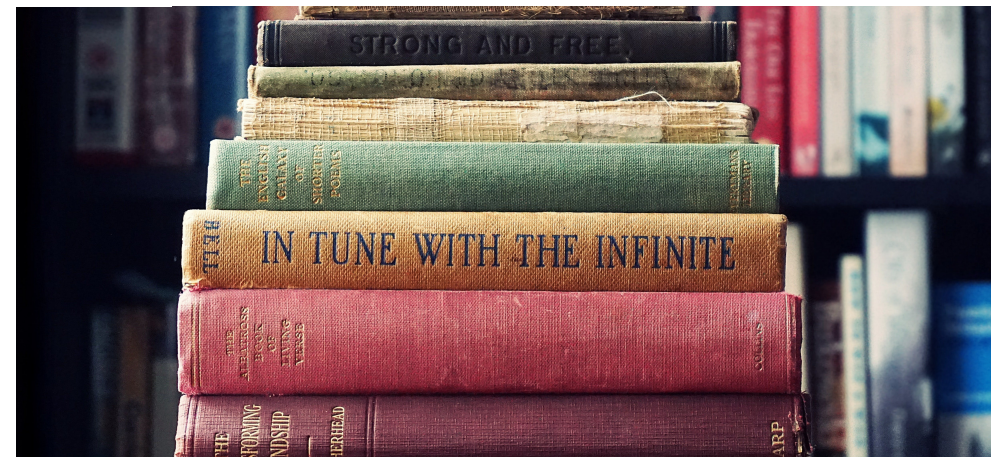
hello@ageukhull.org.uk

www.ageuk.org.uk/hull/get-involved

the next chapter book group

for Over 50s in the LGBTQ+ Community

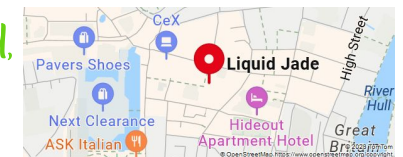
supported by  ageUK



last wednesday of the month 6.15 pm - 7.30 pm

See website for upcoming dates

Liquid Jade, Custom House Yard,
Whitefriargate, HU1 2ER



www.ageuk.org.uk/hull

Books Provided

Free Entry ¹⁰